

James Island Fitness Classes

1088 Quail Dr
Charleston, SC 29412
843-795-5678



August 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Mom and Me Yoga 9am	2 Aerobics 9am Yoga 6pm Capoeira 6:30pm Zumba 7:30pm	3 Aerobics 5:30pm	4 Aerobics 9am Capoeira 6:30pm Zumba 7pm	5	6 Aerobics 9:30am Capoeira 12:30pm
7 Closed	8 Mom and Me Yoga 9am	9 Aerobics 9am Yoga 6pm Capoeira 6:30pm Zumba 7:30pm	10 Aerobics 5:30pm	11 Aerobics 9am Capoeira 6:30pm Zumba 7pm	12	13 Aerobics 9:30am Capoeira 12:30pm
14 Closed	15 Aerobics 5:30pm Mom and Me Yoga 9am	16 Aerobics 9am Yoga 6pm Capoeira 6:30pm Zumba 7:30pm	17 Aerobics 5:30pm	18 Aerobics 9am Capoeira 6:30pm Zumba 7pm	19	20 Aerobics 9:30am Kid's Capoeira 11:30am Capoeira 12:30pm
21 Closed	22 Aerobics 5:30pm Mom and Me Yoga 9am	23 Aerobics 9am Yoga 6pm Capoeira 6:30pm Zumba 7:30pm	24 Aerobics 5:30pm	25 Aerobics 9am Capoeira 6:30pm Zumba 7pm	26	27 Aerobics 9:30am Kid's Capoeira 11:30am Capoeira 12:30pm
28 Closed	29 Aerobics 5:30pm Mom and Me Yoga 9am	30 Aerobics 9am Yoga 6pm Capoeira 6:30pm Zumba 7:30pm	31 Aerobics 5:30pm			